

START POINT



Place both hands on the shoulder blades.

Your hands should be flat and side-by-side.

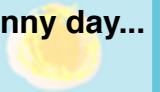
4. We get on the minibus and shut the door with a SLAM!

Place both hands flat on their back, and slide them across the back for the sliding door movement, before gently clapping them on the back for the slamming of the door.

8. After we have paid, we pack the shopping into bags.

Using both fists, gently “pummel” all over their back.

1. It is a sunny day...



Make a large circle, with both hands moving together, repeating this several times.

Adjust the pressure to suit the individual.

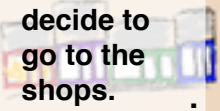
5. When we arrive at the shops we get off the bus, slam the door and walk to the shops.

Repeat the slamming door action, and then use alternate hands to walk up the back, starting from the base of the spine. Repeat to cover the whole of the back and shoulders.

9. We put the shopping in the trolley and take it back to the bus.

Repeat action for **Movement 6**, sweeping across the back.

2. ...so we decide to go to the shops.



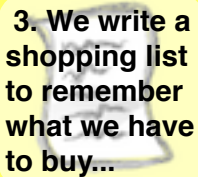
6. We collect our trolley and push it around the shop.

Slide the knuckles of 2 or more fingers all over the back in a curving motion for the trolley movement.

10. We get back on the bus and drive back to school.

Repeat action for **Movement 4**.

3. We write a shopping list to remember what we have to buy...

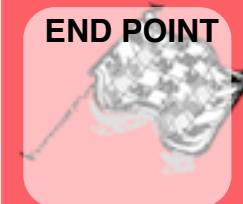


Use 2 fingers to make small zigzags in lines across their back, moving from left to right, as if writing.

7. When we have finished shopping we pay at the checkout with our bank card.

Using the side of one hand, repeatedly “swipe” down the back, making sure you cover all areas of the back.

END POINT



Place both hands back on the shoulder blades.

Your hands should be flat and side-by-side.